

Don't forget to move your clock forward Sunday

DESERT ROUNDUP



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Naval Air Station Fallon, Nevada

Friday, April 5, 2002

Courtesy Ride: *A program that can save you thousands of \$\$\$, career, life*

By JO2 Eric D. Ritter

On page 2 of the Lahontan Valley News publication, readers can see the section "The Beat" listing law enforcement activities throughout Churchill County. Many of those activities are DUI arrests. Occasionally, one or two of those are sailors stationed here or on det (detachment). That is too many. Actually, if you would ask any official on base, just one is too many.

There are plenty of ways sailors can avoid a DUI.

When you leave base through the main gate, a sign stands

Clip out and keep with you



above the guard shack advertising "Courtesy Rides" and it goes on to list a number given to date.

Not everybody may know what the sign means—especially brand new folks who have not had the chance to go through the base indoctrination class to learn about it.

"It provides a good alternative to getting a DUI," said BM2(SW) Janet Hand, program coordinator. "There should be no reason for anyone to be driving after a night of drinking."

Hand said the program, itself, is not unique to Fallon. However, the fact that the Security Department is heading it is different from every other base.

"Most bases use a duty driver to go pick up sailors who have been drinking, but we don't have use of our duty driver that way. Since we always have people on duty (in security), we will go out and pick them up."

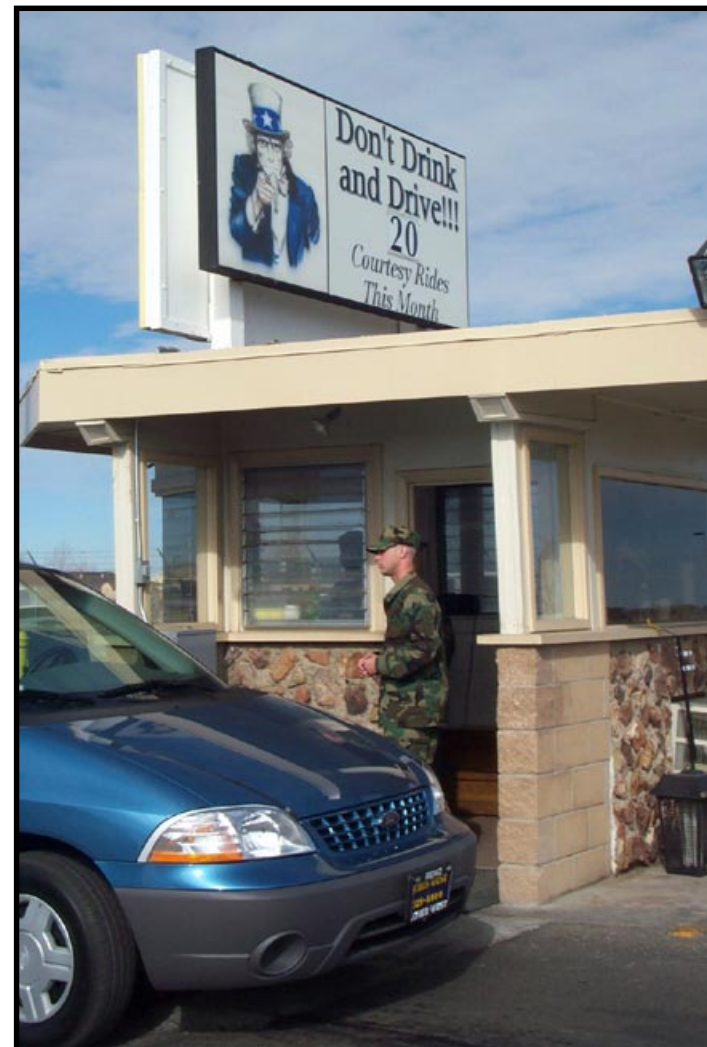
According to Hand, there are a few misconceptions about the program.

"We're not going to report you to your command," she said. "This program is totally 'no-questions-asked'."

Even if you're not a big drinker, it only takes one time to get in a bit of trouble. To make it a little easier to contact Security, cards with helpful phone numbers are printed and handed out to service members.

Hand said that the catch of the program is that you

See, Courtesy, page 2



The Courtesy Ride sign stands at the main gate as a last reminder to those leaving the base about the Courtesy Ride program. (Photo by JO1 Patrick Lane)

The Commissary--still your best bet to save a buck

By JO3 Denise Morris

Bread, milk and sugar. You have everything on your grocery list checked off, but the ice cream that is not on sale sure looks good.

"Today I will stick to the list." Do you say this right before you go grocery shopping only to come out with more than what is on your list?

Many stores depend on this one detail.

Many patrons depend on the commissary for their grocery needs because of its accessible location on base. All military commissary agencies were combined under the Defense Commissary Agency (DeCA), in February 1992, thus cutting the cost of having many divisions for every region and branch of service. DeCA operates a worldwide chain of 281 commissaries.

DeCA reached its goal to increase savings and reduce unit cost, with its recent report that commissary customers save 30.4 percent over retail on their overall grocery purchases. These savings are worth \$2,440 a year for a family of four and enhance the quality of life for active duty, retirees and their families.

These savings are a valued part of military benefits. With these savings, commissaries help the United States recruit and keep the best and the brightest men and women in the military.

For new Sailors joining the military, there is one thing they should know: "With the commissary as a whole, they can save money," Jose C. Quiban, store director, said. "The average savings for the commissary around the world is 30 percent. Here in Fallon they can save almost 40 percent when we do the comparison."

He further explained how the commissary is able to cut cost. "When the commissary buys a product, they buy it at cost and there isn't a mark up," Quiban added that the commissary doesn't make a profit from its sales. But civilian stores generate their sales by getting the customers into the store with the appeal of sale items. Then customers buy the off-sale items at a higher cost than the commissary's.

See, Commissary, page 2



Commissary shoppers still enjoy the same good products that are offered in other super markets in town, but with much better prices. (Photo by JO1 Patrick Lane)

Chaplain's Corner



By Cmdr Jack Kirk, Base Chaplain

None of us would deny the importance of education. When my mom and dad were growing up through the depression era, a high school education was sufficient. When I was growing up in the 1950s and 1960s, mom and dad said that wasn't enough. I needed college. Today, many go for the master's degree, and even a doctorate.

Political figures are often known as "the education governor" or "the education President," owing to their enthusiastic support of education. It all says, "We need education!" It is an investment in our future as individuals and as a people.

Now, at the risk of sounding old, I think I can safely say that children today are learning things in grade school that I didn't learn until high school. What's more, they are being forced to deal with a host of social issues like drugs, gangs, birth control, AIDS, safe sex, and violence--elements largely left untouched in the classrooms of the past simply because they weren't big issues then. Chewing gum in class and running down the halls, those were big issues in school days gone by.

Well, today's issues extend far beyond "the three R's."

The book is still being written on the gamut of social issues confronting our children. In my humble opinion, society as a whole has great difficulty handling these issues.

Just for something to ponder, consider the long-term effects upon children who are being asked to make moral choices about issues that society has difficulty coming to grips. Will their decisions be the right ones? What will guide their decisions? Remember, the generations in school today will be the leaders and decision-makers tomorrow. That affects us all!

I believe God gives strong answers to today's issues in the Bible. That Book has been written. As parents and future parents, may I encourage you to put the fourth "R," religion, to effective use in your life and home. By so doing, perhaps we can contribute to rearing an educated generation equipped to make the right decisions when confronting the big issues.

Solomon wrote, "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction." (Proverbs 1:7) God, help us to recall Your Word that we may be numbered among the wise.

Courtesy, from page 1

have to have your car there.

"One of the first things we ask when we get there, is for you to show us your car and your ID. Then, we will ask you to show us the keys and have you make sure your car is locked."

Though Security needs to see the individual's ID at pick-up, they are not doing it to get information on that person.

"We just need to verify that they are servicemembers before we take them with us."

Depending where you live, Security will take you there. If you live in the barracks, you will be escorted (for your safety) to your room and make sure you have your key available. The same goes for base housing. Security, however, can not drive too far out of the area for this program.

Hand said that Security will get a little bit more help for the person if they are overly intoxicated.

"Since we want to make sure they are safe, we need to make sure they have somebody watching them when they get home. If you live in the barracks, it'll be okay to leave you with your roommate or if you live out

in housing, we'll leave you with your spouse. However, if you don't have anyone with you where you live, we may need to call someone from your work center. It doesn't have to be your boss or anything like that. It could be your buddy from the office. We just want to make sure you're going to be okay.

Though, the program has been around for a while, DUIs are still occurring to the servicemembers here.

"This program is based on personal honor," Hand said. "We know that judgment is affected when people go out drinking, and that often means that many people believe that they are OK to drive. One good way to avoid that judgement call is to let the bartender, waitress or someone else sober around you to call for you when you are ready to leave. The best, still, is having a designated driver with you."

Hand said next to not drinking at all, this program is great if you go out partying at all hours of the day and all days of the week.

"We go through a lot to provide this service sometimes. But, if it keeps one person from getting a DUI, I think it's a raving success."

Pick It Up!



Because NASF doesn't have a First Lieutenant's Division or utilize restricted personnel for clean up details, keeping the base free of litter is an all hands effort. Trash dropped on the ground stays on the ground until a conscientious sailor picks it up. Cmdr Ed Rybold, NASF Executive Officer, wants every base resident to take pride in the appearance of the base and pitch in to the clean-up effort. According to the XO, residents can kill two birds with one stone, "We're getting close to time for PRT, so when you're doing your toe-touches, pick up some trash while your down there!" he said. All kidding aside, the XO wishes to emphasize the importance of keeping the base clean, "We're all in this together," he said, adding, "no one should be throwing trash on the ground, but when you see it, pick it up."

Chapel Call



Protestant

Sunday: 11a.m. Worship Service
Communion Sunday is the first Sunday of each month.

Catholic

Sunday: 9:30a.m./6p.m. Mass
For other Catholic services available in town, please call St. Patrick's at 423-2846

Commissary, from page 1

"We have what is called a revolving fund for the commissary," Quiban said. "The money that is collected from the sales goes back into the commissary account, and it is then used to buy products every month." So, all the product sales go back into the commissary which in turn customers save when they buy groceries.

If it's the commissary's goal to keep prices low, why is there a perception that it's prices are higher than the competitors in town?

Jackie Mongillo, a 16-year commissary customer, conducted a comparison survey when these concerns

were brought up at the commissary's focus group meeting.

"I attended a few of (the meetings) and there were questions that people thought the commissary was more expensive than out in town," Mongillo said.

As a concerned shopper, she got a list of products that the stores in town and the commissary carry and went to each store and recorded the prices.

The independent study showed that individual items were lower at the commissary than out in town.

Quiban explained that the misperception that commissary's prices are higher begins when the items compared are only with the items on sale at store X.

Another added benefit the commissary shoppers have over the competition is the fact that the commissary works hard to fulfill the customers needs.

"The commissary takes care of their customers," Mongillo said.

She cited a circumstance where a group wanted a certain product that wasn't available on base. The group didn't want to drive out into town for the product. A few weeks later the product was available in the commissary.

Mongillo said if anyone still thinks that the commissary isn't living up to their goal of providing patrons with low prices, they should do a comparison sheet for themselves.

"The prices speak for themselves," Quiban concluded.

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All submissions, with the exception of letters to the editor, must include duty phone number for verification of information. Signed letters to the editor will be considered for publication unless the writer requests that the contents not be published. Names will be withheld upon request. News and feature copy may be edited for adherence to appropriate news style and are subject to editing due to space limitations. Submit articles by e-mail or in text format on 3.5" disks and hard copy. Deadline is noon, nine days prior to publication.

Classified Ads: Classified advertising of personal items and services for

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Deadline for free classified ads is the same as the deadline for submission of article and photos. These ads are accepted only by mail or delivery by the above date to the office of the publisher, no phone-in ads will be accepted. Free classified ads may be emailed to ritter.eric@fallon.navy.mil

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JO2 Eric Ritter, Editor/Layout & Design/Photographer
JO3 Denise Morris, Staff Writer/Photographer

Recycling scrap material contributes to a better environment

Presented by Cecil Cook, Base recycling Coordinator

Scrap processing and recycling contributes significantly to a better environment. Through recycling, we can supply huge percentages of the nation's raw material needs for manufacturing. For example, on an annual basis, recycled paper and paperboard constitute more than 30 percent of all the paper products produced today.

Recycled textiles represent 13 percent of recovered discards that are reprocessed as fibers used to manufacture diverse products and materials. For instance, bleached denim and pure cotton scrap go into making the finest stationery and document paper, as well as U.S. currency.

The ready availability of scrap materials for recycling is particularly

evident in metal products that can be reused to supply the nation's industrial needs.

A 1998 Environmental Protection Agency (EPA) report on the solid waste problem indicated that Americans will be accumulating 190 million tons of municipal solid waste (actual amount produced – 225 million tons), most of it going into diminishing municipal landfills. Of that total waste, 41 percent will be paper, 8.7 percent metal, 6.5 percent plastics, and 8.2 percent glass, 36.6 percent – all other recyclable materials.

Recycling such materials, as well as others that are deposited in landfills, would result in enormous energy

savings as well as conserving valuable raw materials.

For example, producing a ton of aluminum from virgin bauxite ore takes the energy equivalent of 8.1 metric tons of coal, but producing the same amount of aluminum from recycled scrap takes 0.4 metric tons- a reduction of 95 percent. This means that recycled aluminum requires only 5 percent of the energy needed to make a can from ore.

Last year, energy savings from aluminum can recycling alone were enough to supply all the power of Boston for a full year. Another way of appreciating the energy savings from reclaiming aluminum cans is to

consider that one recycled 12-ounce aluminum beverage can saves six ounces of gasoline.

Each year the United States uses more than 70 million tons of paper and paperboard-or about 580 pounds per person-but only 30 percent of it is recycled. Compared to producing a ton of paper from virgin wood pulp, recycled paper uses half the energy and half the water, results in 74 percent less air pollution and 35 percent less water pollution, and creates five times more jobs. According to one study, 100 million tons of wood could be saved yearly if all paper that could be technically and economically recycled was actually recycled.

Women's History Month honored



Marcia de Braga, Nevada State Assembly Woman, speaks to the crowd recently at the base galley to help celebrate Women's History Month. March marked the 15th annual celebration of the event. It is a month to honor our nation as soldiers, teachers, secretaries, athletes, scientists and mothers. (Photo by JO2 Eric D. Ritter)

EOD helps ignite wildlife improvements

By JO1 Patrick Lane

Americans have been ecologically conscious for decades, and the United States Military has made great strides in being environmentally friendly over the years. Recently, the Stillwater National Wildlife Refuge here learned that helping local wildlife sometimes takes a little Navy know-how and a lot of high explosives.

The Stillwater Wildlife Refuge is home to numerous birds and water fowl as well as an important stop-over point for many migratory birds. Vital to these wetlands is, of course, water. Beginning with run-off from the Sierras above Carson City, the water that feeds the refuge has a long way to go to get here and every drop is precious. Several bridges within

the refuge, built in the late 1940s, had collected enough silt over the years to impede the flow of water into the wetlands. The solution, it was decided, was to blow the five concrete structures out of the way.

"Your ability to move water is key to managing it," said Mr. Mike Goddard from the Federal Fish and Wildlife Department. "It's very important for our management to clear those structures out," he added. Unfortunately, though Goddard may be very knowledgeable in managing a wetlands, he isn't qualified to blow up bridges. Nor did the department have the budget to hire a commercial explosives team. Faced with letting the water flow trickle down to dangerous levels, Goddard put a call into the Explosive Ordnance Disposal (EOD) Mobile Unit 11, Detachment Fallon Nevada.

It is not unusual for the EOD team to lend their expertise to agencies in the community. In fact, they are under agreement to assist not only locally, but all throughout Northern Nevada. Although there are a few other EOD elements in the state, such as in Reno and Elko, the NASF EOD team can be called upon to help in small towns as far away as Ely, Nevada. "That's part of our duties here," said MN1 Jeffrey Bussey of Graham, Texas.

The Hollywood image of an

EOD technician is of someone who deactivates bombs so they don't explode; clipping wires or pulling the detonator as the last seconds tick off on the timer. Actually detonating bombs on purpose doesn't fit the image. Bussey explained that an EOD team is well trained in both techniques. Whether by 'render safe' or the 'demolition' method, Bussey said their mission is to remove explosive hazards to ensure the safety of others. This may be done in the relatively 'safe' environment of the bombing ranges here, handling unexploded ordnance, or under enemy fire while clearing a mine field. According to Bussey, the easiest, and safest way to eliminate the lethal potential of a bomb is to simply blow it up. "You've got two choices," said Bussey. "You either deactivate the bomb where it sits, or you move it to a safe place and blow it up."

The NASF EOD team eagerly took to the job of blowing the bridges in the refuge, first making site surveys and doing their homework, figuring out what it would take to effect the demolition safely and efficiently. The desired outcome was to shatter the concrete bridges into softball-size pieces to make it easier to remove. "We didn't want to come out and create a hazard, we just wanted to break it up enough to where they could pick it up with the excavator," said Bussey. The commercial blasting agent,



MN1 Jeffrey Bussey strings detonation cord in preparation to blast a bridge structure in the Stillwater National Wildlife Refuge. The Naval Station's Explosive Ordnance Disposal team assisted the National Fish and Wildlife Department with the demolition. Photo by JO1 Patrick Lane.

SLX600 was chosen over the widely known SEMTEX or C-4, for it's demolition characteristics. "We've used it before," said Bussey. "It works well. It's good for cracking stuff up."

With Goddard handling the required paperwork and environmental issues and Bussey and the EOD team adding their expertise, a team was formed out of cooperation and a desire to get the job done. Goddard was focused on getting water to his beloved wetlands. The EOD team simply went about doing what they do best, safely and efficiently. No matter how commonplace a job may seem for EOD, the material they work with leaves no room for complacency.

"No demolition job is ever routine," said Bussey. This doesn't mean he didn't enjoy the experience. Bussey says he'd rather be out in the field working with explosives than in the office doing paperwork. "It's fun, we have a good time doing it," he said. "Any time you get to do your job, as designed, it's a good thing."

This sentiment is probably shared by Goddard, who is now able to do his job in the wildlife refuge as designed thanks to the Naval Air Station's EOD team. Without that help, Goddard said, "we wouldn't have been able to remove the bridges at all ... essentially, we would have had to live with them the way they were," he concluded.



The bridge shortly before it was destroyed.

April 15 is right around the corner



Tax season is coming to a close.

Remember that you have until April 15 to file your taxes. If you haven't done your taxes yet, come over to the VITA (Volunteer Income Tax Assistance) office and let them help. The VITA office is located in the Fleet and Family Support Center. Tax preparation is at no cost and includes electronic filing of both federal and most state tax returns. Electronic filing of returns ensures quick processing by the IRS and a quick refund. If you choose to receive your refund via electronic fund transfer, it will be transferred to the account you specify in approximately ten days. The VITA office will be open April 6 from 8am to noon and April 11 and 12 from 8am to 4pm. For further information, contact LNC(AW) Haas, in the Legal Office at 426-2711. Above, LNC Haas prepares DK3 Marijoanna Vicencio taxes.

2nd Generation Sailor Retires

By JO3 Luke Johnson

The Democratic Party had just nominated Jimmy Carter for president, the supersonic Concorde passenger airliner had begun transatlantic flights and two amateur electronics enthusiasts developed the Apple Computer in their garage in California. The year was 1976. While all this was taking place, Joseph E. Frisbie was following in his father's footsteps and enlisting in the United States Navy. Over the course of the next 26 years, Frisbie would rise to the rate of Senior Chief Aviation Ordnanceman, earn two special warfare pins and impact the lives of countless Sailors.

"On too many occasions to count, personnel would come to senior

chief's desk and ask for help. It didn't matter what kind of help they needed; he provided it. He has been a marriage counselor, financial counselor, career counselor, education counselor, defense counselor and even an automotive roadside assistant," said Lt. Donald T. Holden.

Holden, the guest speaker at Frisbie's retirement ceremony, addressed NSAWC personnel and friends and family members who gathered in Hanger 5, March 19, to pay tribute to Frisbie.

Holden, who served with Frisbie in the NSAWC weapons department, said that Frisbie always put his personal life behind the mission of the Navy. He also spoke of his dedication to taking care of his people and solving their problems.

Frisbie took the podium to address the gathering and acknowledged those who helped make his Naval career a success, thanking family members, friends and shipmates. Setting aside his own influence upon Sailors throughout the years, Frisbie elected instead to speak about those individuals who shaped his own career and inspired him to succeed.

He spoke of a long remembered chief, who reminded him of his own father and helped set him on the straight and narrow and shape his Naval career.

His personal awards include the Navy Commendation Medal, Navy Achievement Medals (six awards), as well as numerous unit and campaign awards. Frisbie reported to NSAWC in 1999, and on February 14th, 2000

he was assigned the position of ordnance division Leading Chief Petty Officer.

After a long and distinguished

Naval career, he and his wife, Kathy, plan on traveling and visiting family members.



AOCS (ret) Joseph E. Frisbie "Pipes ashore" during his retirement ceremony recently. Photo by JO3 Luke Johnson., NSAWC PAO

New TRICARE travel benefit could pay visits to distant specialists

Not yet implemented, the Prime Travel Benefit provision of the Nation Defense Authorization Act (NDAA) for 2001 will allow TRICARE Prime beneficiaries like you to seek reimbursement for the costs of traveling to medical specialists more than 100 miles from their Primary Care Manager (PCM).

Not everyone in the TRICARE Central Region lives close to large Medical Facilities or specialty care providers. The Prime Travel Benefit will allow reimbursement for reasonable travel expenses you incur traveling more than 100 miles, one way, from your PCM's office to receive referred/authorized specialty care.

If your PCM refers you to a distant specialty provider, you will receive a letter from TriWest Healthcare Alliance explaining the criteria and method of applying for the travel payment. TriWest will send notification letters to Prime beneficiaries who specialty care referrals are approved under any of the following conditions:

--No Military Treatment Facility (MTF), network or non-network provider of the required specialty is available with 100 miles of the PCM's office location;

--No routine appointment with an appropriate specialty provider, located with-in 100 miles of the PCM's

office, is available with the 28-day waiting-time standard (you may voluntarily waive the waiting-time standard to avoid travel);

--If your PCM says you need a specialty appointment in less than 28 days, and it appears that an appointment with the appropriate specialist is not available within that time frame;

--If the referral is to a health facility that offers the specialty care but is not an MTF, and you agree with this referral and with travel farther than 100 miles from your PCM's office; or

--If the referral is to a distant MTF and involves military consideration (graduate medical education, medical readiness or other considerations), and you have agreed with this referral and with travel farther than 100 miles from your PCM's office.

TriWest's letter will tell you that you may be eligible for travel reimbursement and will instruct you to visit or call a designated Point of Contact (POC) at the MTF or the Lead Agency to determine your eligibility and to apply for travel reimbursement. Actual determination of your qualification for reimbursement will be done only by the POC specified in the letter. If eligible, your reimbursement will be based on travel from your residence to the specialist's

office. Be sure to save any receipts (like those for rental cars, commercial tickets for coach fares or meals) that may be required as part of your reimbursement.

Although the Prime Travel Benefit has not yet been implemented, it will be retroactive to October 30, 2000. TRICARE recommends you save your receipts from that date forward.

News and Notes

--Base Go Kart Track is now open for business!

--Warmer weather means cool drinks at Spinners'...real fruit smoothies in three flavors...strawberry, banana and raspberry...must try!

April 10...Jst REC-it's Movie/ Pizza Night at the base theater, starts at 6pm...all single military and geo-bachelors welcome...call 426-2836 for details!

April 13...Mountain Bike Ride, from Dixie Valley over the Stillwater Mountains...leave base at 8am, call 426-2598 for more information.

Blood drive
Wednesday, April 10 at 9am to 3pm. Donate in front of the Chief's Club in the mobile unit. Contact ACCS Horan at 426-2411 to schedule an appointment.

Fun'n Frolics at the O Club!!
on Friday, April 5 at 6pm, there will be cake and food, in celebration of "Naval Aviation's Birthday". **Family Night**
Oriental Buffet April 5pm - 8pm
O'Club presents...
Spring is here and Mongolian BBQ is back, April 18 5pm - 8pm
"Secretary's Day" Lunch
April 24 11:30am - 1pm ALL HANDS!

Healthwatch: How to Avoid Exercise Injury

By Aveline V. Allen, Bureau of Medicine and Surgery

Weighlifting, running, swimming, cycling, stretching - exercise is key to improving and maintaining good health. But even the most ardent exercise buff can get an exercise injury if proper care isn't taken from the start.

Beginners to an exercise program should start by having a medical exam by their healthcare provider. It should include a blood pressure and cholesterol checks, organ function tests, and any other tests your provider feels is important.

Talk with your doctor about which exercises are best for you. Yoga and swimming are good to increase and maintain flexibility. Long walks or running is great for weightloss and to build aerobic capabilities. Exercisers with circulatory problems may find swimming the best exercise for them. Slow and steady are generally the watchwords for beginners. Injuries may occur if you try to do too much too soon. Monitoring your heart rate is a good way to ensure you're not overdoing the aerobics.

"Use the formula recommended by the American Heart Association, especially if you're on heart medication such as beta blockers," said CDR Gregg Ziemke, MSC, and head of the physical and occupational therapy department, Naval Medical Center San Diego. Ziemke said that

the AHA formula is to subtract an exerciser's age from 220, and then multiply it by 60. That number is the recommended heartbeats per minute for beginning exercisers. More experienced exercisers can use a multiply of 80.

"Another good rule of thumb is to be able to carry on a conversation while exercising," said Ziemke. "If you feel you could give a speech, you aren't exercising enough, and if you are gasping at words you probably are doing too much (at least to start with)." Another tip offered by Ziemke to prevent injuries is to get your muscles ready before you begin vigorous exercise.

"Always do at least a five-minute warm up and slow stretch to get ready to exercise," said Ziemke. He said stretching and warming up gets your heart and muscles ready and joints flexible.

"Cold tight muscles and joints are more prone to injury," said Ziemke. He also recommended stretching after you are warmed up, during or after your work out.

Strength training is also an important part of the exercise routine. He recommended consulting with a training specialist or physical therapist before setting up a program to ensure you're using weight machines or free weights correctly.

Whatever exercises you are pursuing, Ziemke cautions against dehydration.

"You should always drink plenty of liquids to replace those that are lost dur-

ing exercise," said Ziemke. "Water is the best choice before, during and after exercise. Other liquids that have electrolyte additives can be beneficial because they replace certain chemicals lost through sweating. But they also usually have a great deal of sucrose or fructose (sugar)."

Choose clothes that are tailored for your specific exercise. In warm weather wear lightweight light-colored clothes, a hat and sunscreen. In cold weather, wear layers such as polypropylene, silk or thin, fine wool. These materials help remove sweat from your body and prevent chafing. Keep feet, hands and head warm and insulated from the cold.

Safety gear is a must. Cyclists should wear a helmet; racquetball players should wear eye protection.

Here are some other tips for preventing exercise injuries:

- Avoid training when you are tired
- Increase your consumption of carbohydrates during periods of heavy training
- Increase in training should be matched with increases in resting
- Treat even seemingly minor injuries very carefully to prevent them from becoming a big problem
- If you experience pain when training, stop immediately
- Avoid training hard if you are stiff from the previous effort
- Use appropriate training surfaces - Ensure training and competition areas are clear of hazards
- Ensure equipment is appropriate and safe for use
- Train on different surfaces, using the right footwear
- Ensure your hygiene is scrupulous in hot weather
- Monitor daily for signs of fatigue; if in doubt ease off



The Easter Bunny visits Fallon



The Lion's Club sponsored this year's Easter Egg hunt in Laura Mills Park Sunday, March 31. The 6,200 colored eggs began their journey at the base galley. While there, they were dyed and refrigerated until they were scooped up in less than 30 seconds by over a hundred awaiting kids.

Desert Moon Theater

Friday, April 5	
6:30pm	Rollerball (PG13)
9pm	John Q (PG13)
Saturday, April 6	
6:30pm	Crossroads(PG13)
9pm	Queen of the Damned (R)
Sunday, April 7	
2pm	Wizard of Oz (G)
5pm	Return to Neverland (G)
7:30pm	Hart's War (R)
Monday, April 8	
	Closed
Tuesday, April 9	
	Closed
Wednesday, April 10	
6:30pm	John Q. (PG-13) (Single Sailor Night)
Thursday, April 11	
6:30pm	Queen of the Damned (R)
Friday, April 12	
6:30pm	Collateral Damage (R)
9pm	We Were Soldiers (R)

New face on base



AO2 (AW) Oliver T. Flannery, magazine supervisor at Weapons installs a MK122 switch in a MK 82 general purpose bomb. Flannery arrived here from VAQ 131 NAS Whidbey Island. He has been in the Navy 4 1/2 years and in his off hours he likes to work on cars and trucks and spend time with his Wife, Rebecca, and his daughter, Alyssa. While he is stationed here, he plans to make first class petty officer and complete some correspondence courses. He also plans to buy a boat while he is here. Photo by JO3 Denise Morris.

The Desert Classifieds

Pets:

• If you're looking for a new or lost pet, please check with the Churchill Animal Protection Society (CAPS). They have a number of animals available for adoption or sponsorship. Call 423-7500 for more information.

Autos:

•1992 Chevy S10 P/U, low miles 45,000, 5SPD, 2.8L V6, new tires and sport rims, A/C, AM/FM Cassette, excellent condition \$4,000 OBO, 423-1306

•For Sale-1987 Ford F-150 4x4, extended cab. Good condition, runs well. \$3,000. Call Daryn. (775)530-7237 (w) 423-1895(h).

•1997 Nissan Pathfinder LE, auto, loaded, leather. In excellent condition with 47,000 miles, retails at \$22,500, asking \$19,000. Call Nick (h) 867-3669 (w) 426-3259

•For sale: blue, 1988 Ford F150; 1994-300 6-cylinder motor w/ 25,000 miles; many new parts; ½ ton; automatic transmission; many new parts to the motor; overall good condition. Call 428-1078 if interested.

Misc.:

•Dual Stroller for sale. Two-way stadium seating. All-terrain tandem stroller. Excellent Condition. Front seat reverses so tots can ride face-to-face. Rear seat fully reclines. Great for infants. Asking \$100. Call Laura at 423-9465.

•Bedroom for rent. Located near the library in Fallon. Asking \$400 a month. Price covers all expenses except food. Full access to kitchen and bathroom. Call Dorothy at beeper # 426-6895.

•White Wicker Full size bed with mattresses, has headboard and foot board excellent condition asking \$250.00. Also, have the white wicker night stand to match also excellent condition asking \$25.00. Also for sale: Kenwood stereo system with cabinet, speakers, 2 sided tape deck, tuner, cd player (holds 5 CDs) and amplifier all are also in excellent condition. Now asking \$500.00. Please call 423-2624.

•Items for sale: baby clothes (0-4T, 5), toys, Bassett crib and misc. items. Also have wetsuit for sale. Cal 428-327 to see any items.

•1995 G.E., 21.7 cu. ft., side-by-side, frost-free refrigerator/freezer with ice maker. Asking \$650/OBO. Phone AECS Jim Williamson at 426-3485, during normal working hours or 423-8619, after normal working hours.

•Deluxe Stoller with car seat \$65. Call Mardie at 423-2246.

•Murray Go Cart: 2-seater with roll cage and seat belts. 5-HP engine, new condition. Loads of fun for the entire family. \$500. Call Bill Sizemore if interested 428-3202

•**Wanted** Quad reasonably priced, 423-7405

•Looking for a way to get your car to your new duty station? Call Ed Gieratz. I will drive your car to your new duty station and I'm willing to go anywhere in the country. If you have questions or are interested in this service, please call me at 423-7776 or e-mail me at: safedriver59@yahoo.com.

Looking for that one particular elusive item? Put your wanted ad in the Desert Roundup. Call 426-2880 for more information

Kids Fashion and Talent Show

All proceeds benefit Navy/Marine Corps Relief Society

Hamburger/Hotdog booth & Baked goods booth

Terrific Raffles

Come show your support!

Benefit will be held at the Desert Moon Theater, April 15 3:30pm-6pm

For more information call Heather Deitrich at 426-2400 or Katie Feaster at 423-5808.

CAPS Corner



Tutti is a 4-year-old female. Still a kitten at heart and loves a good lap. She would make a great addition to any family. Tutti is already fixed and has her shots up-to-date.

The Churchill Animal Protection Society (CAPS) is open Tuesdays, Wednesdays, Fridays and Saturdays from 10am to 3pm.

The volunteer society is dedicated to the temporary care and final placement of stray, abandoned or otherwise unwanted animals into loving homes.

For those choosing a pet from CAPS, discount certificates for spay and neutering services at local veterinarian clinics are available. Before you look elsewhere, give CAPS a try by visiting the facility at the corner of Wildes and Crook Roads, or call 423-7500.

A large portion of the animals currently at CAPS came from base housing and seem to be lost pets.

CAPS currently has many cats and dogs ready for immediate adoption. If you think you might be looking for a pet, choosing one from CAPS is an alternative that can give you a loving addition to your family and also address the pet over-population problem.

CAPS now has a website courtesy of AdvancedInternet: <http://www.aiinc.com/caps>.

All the animals available for adoption are on the website. Can't afford to adopt an animal? Go to our website, and find out about our Animal Sponsorship Program. Email CAPS at caps@aiinc.com or call 423-7500.



April 5

1946 - USS *Missouri* arrives in Turkey to return the body of Turkish ambassador to the U.S. and to show U.S. support and willingness to defend Turkey.

April 6

1776 - Sloop-of-war *Ranger*, frigate *Queen of France* and frigate *Warren* capture British *Hibernia* and 7 other vessels

1862 - Naval Gunfire from *Tyler* and *Lexington* help save Union Troops at Battle of Shiloh

1909 - Commander Robert E. Peary reports reaching the North Pole

1917 - U.S. declares war on Germany

1945 - First heavy kamikaze attack on ships at Okinawa.

1961 - USS *Lake Champlain* brings oxygen to aid stricken passenger of British liner *Queen of Bermuda*.

1968 - USS *New Jersey* recommissioned for shore bombardment duty in Vietnam

1989 - President orders DOD to assist in *Exxon Valdez* oil spill cleanup

1993 - Branch Navy Hospital Adak responds to crash of civilian Chinese airline providing lifesaving treatment and medical evacuation of 89 injured passengers. Only one passenger out of 265 passengers died.

April 7

1776 - Continental brig *Lexington* captures British *Edward*

1917 - Navy takes control of all wireless radio stations in the U.S.

1942 - [Navy accepts African Americans for general service](#)

1945 - First two Navy flight nurses land on an active battlefield (Iwo Jima): ENS Jane Kendeigh, USNR, and LTJG Ann Purvis, USN

1945 - Carrier aircraft defeat last Japanese Navy sortie (Battle of East China Sea); *Yamato*, world's largest battleship, and five other ships sunk

1979 - Launching of first Trident submarine, USS *Ohio* (SSBN-726) at Groton, CT

April 8

1925 - First planned night landings on a carrier, USS *Langley*, by VF-1

1950 - Unarmed Navy patrol aircraft shot down over Baltic Sea by USSR

1951 - 1st of 4 detonations, Operation Greenhouse nuclear test

April 9

1861 - Second relief convoy for Fort Sumter left New York

1941 - Commissioning of USS *North Carolina*, which carried 9 16-inch guns

1943 - [Re-establishment of Commodore rank](#)

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